



**KCP and KCEM December Menu**

Monday	Tuesday	Wednesday	Thursday 12-1	Friday 12-2
			<b>Breakfast</b> WG Waffles 37g Turkey sausage 1g WG Cereal/Hot Cereal Fruit Milk 18.20g <b>Lunch</b> BBQ Shredded Beef 34g WG Bun Baked Beans 30g WG -Sunset Salad Bake 29g Fresh Produce Bar Milk 18.20g	<b>Breakfast</b> Cheesy Eggs 1g Homemade Muffin 64g WG Cereal/Hot Cereal Fresh Fruit Milk 18.20g <b>Lunch</b> Specialty Pizza 36g Cheese Pizza 36g Fresh Produce Bar Milk 18.20g Fresh Fruit
Monday – 12-4	Tuesday 12-5	Wednesday 12-6	Thursday 12-7	Friday 12-8
<b>Breakfast</b> Sausage Muffin 14g WG Cereal/Hot Cereal Fresh Fruit Milk 18.20g  <b>Lunch</b> Corn dogs 30g French Fries 21g Glazed carrots 7g Tofu Salad WG Wrap 29g Fresh Produce Bar Milk 18.20g	<b>Breakfast</b> WG Pancakes/ syrup 46g Chicken sausage 12g WG Cereal/Hot Cereal Fresh fruit Milk 18.20g  <b>Lunch</b> Fiesta Beef WG Mac & Cheese 45g Cilantro lime Corn 19g WG BBQ Jackfruit Wrap 29g Fresh Produce Bar/Beans Milk 18.20g	<b>Breakfast</b> WG Chicken Biscuit 32g Whole Grain Cereal WG Cereal/Hot Cereal Fruit Milk 18.20g  <b>Lunch</b> Salisbury Steak – 3g Mashed potatoes 17g Fresh rolls – 43g Braised Green Beans 5g Baked WG –Pasta 32g Fresh Produce Bar Milk 18.20g	<b>Breakfast</b> WG Waffles 37g Turkey sausage 1g WG Cereal/Hot Cereal Fruit Milk 18.20g0  <b>Lunch</b> Chicken Parm with Pasta 29g Sautéed Spinach 4g Sunbutter Sand Fresh Produce Bar Milk 18.20g	<b>Breakfast</b> B00reakfast Cheesy Eggs 1g Homemade Muffin 64g WG Cereal/Hot Cereal Fresh Fruit Milk 18.20g  <b>Lunch</b> Specialty Pizza 36g Garden Salad Fresh Produce Bar Milk 18.20g
Monday 12-11	Tuesday 12-12	Wednesday 12-13	Thursday 12-14	Friday 12-15
<b>Breakfast</b> Sausage Muffin 14g WG Cereal/Hot Cereal Fresh Fruit Milk 18.20g  <b>Lunch</b> Local Veggie WG Pasta Bake 32g WG-Chicken Tenders 1g Produce Bar Milk 18.20g Fresh Fruit	<b>Breakfast</b> WG –Pancakes/Syrup 46g Chicken Sausage 1g WG Cereal/Hot Cereal Fresh fruit Milk 18.20g  <b>Lunch</b> Beef Tacos 52g WG Flour Tortilla 11g Mexican Rice 41g Fresh Produce Bar/Beans Cauliflower 5g Milk 18.20g	<b>Breakfast</b> WG Chicken Biscuit 32g WG Cereal/Hot Cereal Fruit Milk 18.20g  <b>Lunch</b> Cheese Lasagna 32g Roll 43g- Salad Braised Green Beans 5g WG –Turkey Sandwich 31g Fresh Produce Bar Milk 18.20g Fresh Fruit	<b>Breakfast</b> WG -Mini Waffles 37g Turkey sausage 1g WG Cereal/Hot Cereal Fruit Milk 18.20g  <b>Lunch</b> Holiday Meal Fresh Produce Bar Milk 18.20g / Fresh Fruit	<b>Breakfast</b> Homemade Muffin 64g Cheesy eggs 1g WG Cereal/Hot Cereal Fresh Fruit Milk 18.20g  <b>Lunch</b> Specialty Pizza 36g Cheese pizza 36g Fresh Produce Bar Milk 18.20g Fresh Fruit
Monday 12-18	Tuesday 12-19	Wednesday 12-20	Thursday 12-21	Friday 12-22
<b>Breakfast</b> Sausage Muffin 14g WG Cereal/Hot Cereal Fresh Fruit Milk 18.20g  <b>Lunch</b> Lemon Grilled Chicken 2g WG Rice 34g Broccoli 5g/ Roll Black bean Vegetable Burger 46g Fresh Produce Bar Milk 18.20g	<b>Breakfast</b> WG Pancakes/syrup 46g Chicken sausage 1g WG Cereal/Hot Cereal Fresh fruit Milk 18.20g  <b>Lunch</b> WG -Pasta Marinara & Meatballs 52g Roasted Local Veggies 5g BBQ Chicken Nuggets 1g Fresh Produce Bar/Beans Milk 18.20g	<b>Breakfast</b> WG Chicken Biscuit 32g WG Cereal/Hot Cereal Fruit Milk 18.20g  <b>Lunch</b> Popcorn Chicken 17g French Fires 22g Mix Vegetables 5g Ranch Tofu WG Wrap 29g Fresh Produce Bar Milk 18.20g	No school	No School

*Variety of Milk is offered with all Breakfasts*

*All Lunches include a minimum choice of tossed salad, fresh vegetable and fresh fruit*

We do not use pork and peanuts in our food preparations. A Variety of Low-fat fluid milk served daily.

**This Institution is an equal opportunity provider.**

**IMPORTANT:** Please discuss any food allergy issues concerning your child with Liza Stokes AVI Resident Director [lstokes@avifoodsystems.com](mailto:lstokes@avifoodsystems.com)



Dec 4h - Dec 8<sup>th</sup>

**BREAKFAST**  
Fresh *AND* Invigorating

Breakfast  
House made Muffin 64g - Yogurt Parfait 44g  
House made Blueberry Pancakes 53g with Turkey Sausage 1g  
House made Waffle, 44g Chicken Sausage 1g  
Egg, turkey bacon, potatoes and cheese bowl 22g  
French Toast 22g turkey sausage, 22g Yogurt Smoothies

*Daily Offering may include Apples, Bananas, Grapes, Oranges, Berries and a variety of fluid milk*

*The*  
**SIGNATURE**  
INSPIRED • INNOVATIVE • IN-STYLE

Taco Bar Week  
Taco Beef – 27g Taco Chicken 1g - Taco Beef 1g  
Cilantro Lime Rice 36g  
Assorted Toppings

**GRILL**  
SIZZLING, SEASONED & SASSY

Grill Week  
Daily Special's will feature favorites from  
Pulled BBQ Chicken 42g – Baked Beans 30g  
Grilled Gyro on Pita 43g – Greek Orzo Salad – 49g  
Classic Cheese Burger 28g – Fries 20g  
Corn Dogs 33g – Onion Rings 28g

**PIZZA**  
OVEN-FRESH *AND* HANDCRAFTED

Housemade Pizza  
Pepperoni Pizza 22g – Cheese Pizza 36g – Everything Pizza 43g  
Veggie Pizza 29g

*DELI*  
Fresh • Made To Order • Delicious

Wrap Week  
Turkey Ranch Wrap 46g– Buffalo Chicken Wrap 51g – Tuna Wrap 48g  
Hummus & Veggie Wrap 51g

**SALAD BAR**  
Crisp, Crunchy & Nutritious

Chopped Romaine, Baby Spinach, Spring Mix, Cucumbers, Mushrooms, Cherry Tomatoes, Shredded Carrots, Red Onion, Garbanzo Beans, Broccoli, Roasted Vegetables, Green and Red Peppers, Black Beans,  
Shredded Cheese, Beets, Cottage Cheese, Corn, Green Pea, Croutons, Raisins, Sunflower Seeds, Whole Grain Composed Salad and Vegetable Salads



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Dec 11<sup>th</sup> – Dec 15<sup>th</sup>

**BREAKFAST**  
Fresh *AND* Invigorating

Breakfast  
House made Muffin 64g, Yogurt Parfait 44g  
House made Blueberry Pancakes 53g with Turkey Sausage 1g  
House made Waffle 44g, Chicken Sausage 1g  
Egg, turkey bacon, potatoes and cheese bowl 22g  
French Toast 22g turkey sausage 1g , Yogurt Smoothies 29g

*Daily Offering may include Apples, Bananas, Grapes, Oranges, Berries and a variety of fluid milk*

*The*  
**SIGNATURE**  
INSPIRED • INNOVATIVE • IN-STYLE

Fried Rice Bar  
Brown rice 36g Jasmine Rice 36g chicken 1g– beef 0g  
broccoli 5g – corn 15g – beans 18g – carrots 7g – peas 11g  
Hosin 12g – Soy 1g

**GRILL**  
SIZZLING, SEASONED & SASSY

Grill Week  
Daily Special's will feature favorites from  
Crispy Chicken Sandwich 35g – Fries 20g  
Grilled Turkey Sandwich 29g – Corn Chips 24g  
Classic Burger 28g – Onion Rings 28g  
Veggie Burger 33g – Corn Chips 24g

**PIZZA**  
OVEN-FRESH *AND* HANDCRAFTED

Housemade Pizza  
Pepperoni Pizza 22g– Cheese Pizza 36g –Tortellini 36g – Veggie Pizza 29g

*DELI*  
Fresh • Made To Order • Delicious

Wrap Week  
Turkey Ranch Wrap 46g – BLT Wrap 38g – Chicken Honey Mustard Wrap 51g  
Italian Spicy Wrap 43g

**SALAD BAR**  
Crisp, Crunchy & Nutritious

Chopped Romaine, Baby Spinach, Spring Mix, Cucumbers, Mushrooms, Cherry Tomatoes, Shredded Carrots, Red Onion, Garbanzo Beans, Broccoli, Roasted Vegetables, Green and Red Peppers, Black Beans,  
Shredded Cheese, Beets, Cottage Cheese, Corn, Green Pea, Croutons, Raisins, Sunflower Seeds, Whole Grain Composed Salad and Vegetable Salads



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